

BCC's SGA Senators Attend NYS' 39th Annual Legislative Conference

By Muhammad Jalloh

It was the "Presidents' Day" weekend. For most Americans, it was a time to shop around and grab the best deals from their favorite shopping malls. Not so for the senators of the Bronx Community College Student Government Association. On Friday, February 12th, they were on their way to the state capital for the weekend-long 39th Annual Legislative Conference of the New York State Association of Black and Puerto Rican Legislators, Inc. The SGA delegates included Margaret Rodriguez (SGA President), Omar Murray (Vice-President), Leona Alfred (Executive Secretary), Raya Bayor (Treasurer), Charles Harding (Legal Legislator), Komi Attitso (SGA Senator) and Muhammad Jalloh (Vice-Chairperson of the BCC Senate). Also traveling with the SGA Senators were the Assistant Director and the Office Manager of the Office of Student Life, Mr. Manny Lopez and Ms. Regina Smith, respectively.

Departing from the BCC campus on Friday afternoon, the delegates drove and reached Albany just after sunset, feasting their eyes on the beautiful suburban sunset, a view that most New York City residents are deprived of experiencing. Upon arrival, the delegates checked into their hotels, had dinner and went to rest in preparation for the events of the following morning. They later discovered that the BCC President, Dr. Carolyn Williams, and Ms. Carol White (Special Assistant to the President for Community and Public Affairs) had also traveled to the state capital to attend the prestigious conference.

Saturday morning was a beehive of activities in Albany, but one caught the attention and piqued the interest for all those who were students of or had vested interests in the progress of the City University of New York (CUNY), and this was the "CUNY Vice-Chancellors Luncheon." Held in the Legislative Office Building, it was a gathering of the most influential administrators, components, students and friends of CUNY. The Chancellor and Vice Chancellors of CUNY as well as the presidents of the various colleges, including BCC's own Dr. Carolyn Williams and her Special Assistant for Community and Public Affairs, were in attendance. Other notable components of CUNY that were also represented at the luncheon included the University Student Senate (USS), The CUNY Coalition for Students with Disability (CCSD), Fellows of the CUNY Leadership Academy (recently renamed after deceased former Vice Chancellor Ernesto Malave), members of the CUNY Board of Trustees and members of the Student Government Associations and leadership programs of the various CUNY colleges. Also in attendance to show their support were Assemblyman Karim Camara (Brooklyn) and the recently-elected Comptroller General of New York City John Liu and the New York State Comptroller Thomas P. DiNapoli, among others.

Put together to serve as a foundation for celebrating



*The "Bronx Crew": Members of the BCC SGA at the Gala Scholarship Benefit Banquet
(From left to right: Charles Harding (SGA Legal and Legislative Rep.), Muhammad Jalloh (Vice-Chair of College Senate), Komi Attitso (SGA Senator), Ruben Diaz, Jr. (Bronx Borough President), Margaret Rodriguez (SGA President), Leona Alfred (SGA Executive Secretary), Raya Bayor (SGA Treasurer), Omar Murray (SGA Vice-President))*

the invaluable contributions of CUNY to the development of the state-including being the alma mater of over three dozen New York State Legislators-and reflecting on the challenges as well as the projects of the University, it included informative talks by Chancellor Matthew Goldstein, Senior Vice Chancellor for University Relations and Secretary of the Board of Trustees Jay Hershenson, outstanding students of the University as well as Gov. David Patterson, who came to support and reassure the University of his commitment to the ideals of an affordable public higher education for the residents of New York City.

A burning issue that almost all the speakers touched on was that of higher education funding, a challenging matter for most CUNY students, especially when the impending proposed cuts to the University in the New York State budget which would deny the University the needed money to fund and sustain its existing infrastructure and projects. A product of City College himself, the Chancellor reassured the students saying, "and when I went to CCNY, I knew those challenges. I want you to stay the course and get the degree....We are always going to be there for you."

Other speakers re-echoed the important role that CUNY has and still plays in the lives of both the city and state of New York. According to Comptroller DiNapoli, "Brighter days are still to come and CUNY is a key part of that." In a separate speech delivered by Gov. Patterson, he explained to those present that the budget cuts to CUNY, like the cuts to many others, were inevitable, but reassured and encouraged the students by saying, "obstacles are only the barriers that lie between us and our dreams."

At the end of the luncheon, Ms. White took the time to introduce the BCC SGA senators to the various legislators representing the Bronx who were also in attendance at the event. Later on, the BCC delegates went on to attend a healthcare workshop and roundtable that included talks by both legislators as well as medical practitioners concerned about the state and future of the healthcare system in the USA as well as the state of New York. Hungry and exhausted after all the productive and enlightening workshops and presentations of the day, the BCC delegates later made their way to back to the hotel later that evening to reflect on the events of the day and prepare for the final

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The Future of Independent Filmmaking Is Bronx Community College

By Juan Ortiz

Two BCC filmmakers, Juan Ortiz and Richard Ventura, have clearly stepped to the head of the class among student filmmakers worldwide. Both students were finalists in the 2010 United States Super 8mm Film & Digital Video Festival held at Rutgers University in February. Now in its 22nd year, the festival is the largest and longest-running film festival in North America. The 22 finalists were selected from over 150 works submitted by film- and video-makers from around the world.

"A Bronx Community College film is a movie that has an amazing story that's told with affection, sensitivity, craft and real talent, and the relentless belief of the filmmaker that this story must be made into a film," said Prof. Jeffrey Wisotsky of The Bronx Community College CAS Media Technology Program. "You can see so much heart up there on the screen. And it's only because the filmmakers were putting themselves totally on the line to have these films exist. There is something very special to be in a screening room and celebrate that. This was a very special evening for both Juan and Richard, and I was glad to be in the audience and applaud them for their efforts."

Media Technology major Richard Ventura's

film, *Apt. 44*, and Media Studies major Juan Ortiz's film, *Elizabeth's Tuesday*, also received the Peter J. Rondinone Screenwriting Award at the 16th Annual BCC Film and Video Festival. "Taking CMS 61, History and Theory of Film, and CMS 62, Beginning Film and Video Production, was a wonderful experience. I never would have guessed taking an introduction to film course would lead to making a movie, which would then go on to be in two different festivals and end up winning awards," said Richard Ventura. "A lot of our films are about something that we saw or something that we experienced or felt or witnessed-and it really makes a huge impact on the stories that we tell," said Juan Ortiz. "The Media Technology college assistants and Perkins Tutors that helped me in the editing room really knew their stuff. They were there in the crunch and helped me get my film down to the best five minutes," added Mr. Ortiz.

"In CMS 61, I learned an entire new glossary of film terms, and things I never thought about while watching a film. Why is the camera dolling into the protagonist and not zooming in? We had to write short

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The Communicator Editorial Policy and Disclaimer

The Communicator urges students to submit articles and editorials to the newspaper. We also encourage students to respond to the articles and editorials found in this newspaper.

The views expressed in by-lined articles and in published letters are solely those of the writer, and they do not necessarily represent the view of *The Communicator*.

We reserve the right to edit any article or letter submitted due to space considerations.

We reserve the right to refuse publication to any article or letter due to space considerations as well as those articles or letters deemed inappropriate because of profane language, non-verification problems, or slander.

No article or letter will be published unless the author submits his or her name, email address, and telephone number.

Please submit all articles and letters to the following email address:
rowanandrewdavid@aol.com.

Notes:

No Word submissions will be accepted that are saved in Word 2007. Please save and submit in an earlier version.

JPEGs must be submitted as email attachments and should not be embedded in the Word copy.

The Communicator

If you are interested in having an article, editorial, letter or announcement included in *The Communicator*, it must be received by the following dates:

Deadlines

May
Thursday, April 22, 2010

Please note that *The Communicator* reserves the right to refuse publication of any submission due to space considerations or if the submission is deemed inappropriate because of profane language, verification problems, and/or slander.

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BCC Secondhand Smoke Program Fulfils Commitment to Smoking Community

From the Co-sponsors of the Program,

Department of Health, Physical Education, and Wellness

Office of Health Services

Professional Staff Congress—BCC Chapter

Student Government Association

Per the request of the College Smoking Community, two outdoor smoking areas with protective overhanging structures have been designated with appropriate signage as follows:

1. Upper south side plaza of Meister Hall with ashtray, tables, and benches.
2. West side of Meister Hall with ashtray, table, and benches.

Both areas are centrally located within the campus and provide adequate protection from the upcoming challenging winter months. The areas also provide an environment that can accommodate numerous smokers.

Please remember that the *Friendly Reminder Approach* is implemented for the purpose of creating a program of fairness for both the non-smoking and smoking community members of the college. The program is working because of the support of the BCC Administration and the compliance of the majority of the smoking community.

Once again, thank you for your continued help in making this program a success!

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3 CREDITS

Campus News

Writing Across the Curriculum The Key to Improving Your Writing: Revision

By Mitra Rastegar, BCC Writing Fellow

After many hours of work and agony, you have finally written the conclusion of your paper, which meets the professor's page guidelines and, you believe, answers the professor's question. You breathe a sigh of relief! You will quickly re-read it and it will be done – right? Or if the time is short you will just hit the print button and be ready to go. If that is your usual approach to paper writing, then what if your professor told you that a C paper is an A paper handed in too early? What if just a little more thoughtful focus on your paper could make the difference?

Many people think that good writers are able to simply sit down and write in beautiful, intelligent prose. Not enough attention is paid to the importance of revision, including not only proof-reading for grammatical and spelling errors, but more importantly editing for clarity, organization, and persuasiveness.

So how exactly do you begin the process of revising your own writing? The first step is to take a break! This will allow you to come back to your paper with fresh eyes. After at least a few hours (better yet, a day or two), print out your paper, and sit down and read it with a pencil in hand. Once you have gone through your entire paper with an eye to the questions below, you can sit down at the computer and actually make the necessary changes. Make sure you also review the professor's assignment and remind yourself exactly what your paper should be addressing.

As you read, first ask yourself whether your paper addresses all parts of the assignment. Often professors ask

you to present a thesis, i.e., make an argument, in your paper. Check to see if you have a clear thesis statement early on and whether you provide appropriate evidence and examples to substantiate this argument. Are there points in your paper that seem weak? If so, you may need to return to your sources to clarify your thinking.

Next you will want to analyze the structure of your paper to see if it is organized in a clear manner. Ask yourself: do you have an introduction paragraph with a thesis statement? Does each of your following paragraphs make a single point to support your thesis? Are all the materials that address the same point presented in the same paragraph? Does every sentence have a purpose, or do you need to delete irrelevant material? Do you have a conclusion that restates your thesis and main supporting points?

Sometimes it can be difficult to see exactly how to reorganize a paper. One useful approach is to write an outline of your paper. Quickly jot down bullet points of your main argument and the supporting points that you make in each paragraph. Now looking over this outline, you should be able to see if the organization of your material makes sense or if there is a better way to present it. Remember, like should go with like. In other words, if you find yourself making the similar points in different sections, you need to reorganize your paper.

Once you are satisfied that your paper addresses all parts of the assignment in a clear and well-organized manner, you are ready to begin proofreading!

Ideally you will re-print your paper, and with pencil in hand, slowly read your paper. Here are some tricks for helping you to focus attention on sentence-level errors:

read your paper aloud;
focus on one line at a time by using two sheets of paper to cover the above and below lines;
start reading your paper at the end with the last sentence and work your way backwards to the beginning;
read for one error at a time: spelling, grammar, punctuation, etc. (this technique is also useful for checking the format of your references); and

be aware of and devote special attention to your trouble areas (review old papers to see what kinds of errors have been marked).

You will also want to use the spell-check and grammar-check programs in your word processor but do not rely solely on these.

As you work on your papers, do remember that writing, like all other skills, takes time, attention and a great deal of practice to be perfected. Great writers are made not born, and great writing often is a product of several rounds of revision. If you have difficulty applying these approaches, get support from the Writing Fellow affiliated with your department (see www.bcc.cuny.edu/wac) or the Writing Center tutors located in the basement of Philosophy Hall. By starting the writing process early enough, accessing the help available to you, and using the above-outlined techniques, you will surely see a great improvement in your writing!

The Future of Independent Filmmaking Is Bronx Community College

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Prof. Jeffrey Wisotsky, Actor Juan Aquino, and Director Richard Ventura pose in front of the marquee where Richard's movie poster for his award winning film – Apt. 44 – is displayed in lobby of Clearview Cinema.

Photo by Thomas Donley

scripts that we got to pitch to a real producer in class," said Ventura.

Mr. Ortiz said, "Many from my family and friends attended the screening, and it was especially exciting for my mother, who said, 'I can't wait for your next film to come out so I can attend the première in Hollywood!' Just attending the festival was very valuable. I had the opportunity to meet filmmakers from around the world. It was a privilege to meet them at the closing night screening for the awards. I am currently continuing my film studies at Hunter College and hope to go on to get a master's degree in film one day. I am also writing a feature-length script that I hope someday will be produced."

"BCC's Media Technology Program is a great place to begin to pursue a career as a filmmaker, with small class sizes and personal attention to each student. I'm writing a new screenplay and can't wait to go back into production. The most important thing about BCC is that it puts the story as the center of filmmaking. It doesn't champion special effects or the characters," said Richard Ventura. "The caliber of the films is always amazing. I'm so impressed by what the students have managed to do on very small budgets," said Juan Ortiz.

"Both Richard and Juan competed against the best students from the top film schools in the world. At BCC both students broadened their understanding of the aesthetics of cinema, enabling them to produce award-winning short films. BCC is unique because it emphasizes the development of a 'complete filmmaker' who is capable in all aspects of production. The technical quality is very high but it's all in service for very compelling stories," said Prof. Jeffrey Wisotsky."

Don't forget to stop by the Media Technology office in Meister Hall C02 or call Prof. Wisotsky at 718-289-5572. Take a tour of the program and register for fall classes. The future of independent filmmaking is at Bronx Community College!

THE COMMUNICATOR Submission Insertion Dates Spring 2010

Please note that *The Communicator* reserves the right to refuse publication of any submission due to space considerations or if the submission is deemed inappropriate because of profane language, verification problems, and/or slander.

If you are interested in having an article, editorial, letter or announcement included in *The Communicator*, it must be received by the following dates:

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Campus News

BCC's SGA Senators Attend NYS' 39th Annual Legislative Conference

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day of the Legislative conference.

Despite the busy nature of the previous day, it seemed to be just a drop in the bucket compared to what was in store for the delegates on Sunday. They were invited to breakfast by Dr. Williams, the Bronx Community College President. Over breakfast, she expressed her concern for the welfare of the BCC student body and reassured the SGA senators of her support in their quest for better academic as well as professional development.

An hour later, the SGA senators and their mentors from the Office of Student Life were invited to a “legislative briefing” session by Ms. Carol White, during which she shed light on the various legislative representatives of the Bronx and adjoining legislative districts. Tapping from her oceanic wealth of knowledge of the NYS legislative system and its power brokers, she reminded the SGA senators of the importance of being involved in the political process of the state and how to properly go about lobbying for their issues of concerns. She also covered in-depth the implications of the proposed budget cuts to CUNY, which would have an especially tremendous setback on BCC as it will not get a much-needed \$10 million to upgrade campus-wide utilities, in addition to an over \$3 million reduction in the college’s operating dollars. A \$75 cut will also be applied to all TAP aid to students who rely on it to pay for tuition as part of the plan to decrease financial aid to college students.

Despite the foregoing, however, the major event that crowns the conference was still underway – the much-awaited “Gala Scholarship Benefit Banquet” which brought together members of the “Black, Puerto Rican, Hispanic and Asian Legislative Caucus” of New York as well as stakeholders in the state’s political system, including the State Attorney General Andrew Cuomo, the Bronx Borough President Ruben Diaz and the state’s senators and representatives in the nation’s capital – Senators Chuck Schumer and Kirsten Gillibrand and Representative Charles Rangel. CUNY was also heavily represented at the Gala by such components as the USS, CCSD, SGA of BCC and others.

Speaking at the Gala was also Gov. Patterson, who was a member of the Caucus before becoming Lieutenant Governor and eventually – after the scandalous fall of

former Gov. Eliot Spitzer, governor of the state. Regarding the participation of qualified minority-owned businesses in getting contracts from the state, he noted, “we have ‘sexupled’ their participation in 23 months” in contrast with the prior discrimination they faced when vying for those public contracts. Also, addressing rumors that he is succumbing to political pressure to not run for office in the upcoming gubernatorial elections, he retorted saying, “The only way I am leaving is through the ballot box and the only way I am leaving before [the elections] is in a box.” Ending his speech with the words, “I am black and blind and still alive,” he seemed to have been passionately connected to the possibility of remaining in office and standing up for reelection despite the mounting pressure from many in the political system to have him step down and away from the helm of affairs in Albany. [Editor’s Note: Gov. Patterson has recently said that he will not seek reelection.]

Despite the lively proceedings of the night, they still would have been incomplete without the keynote address by former Congressman Harold Ford, Jr. (who served Tennessee in the nation’s capital for ten years) and was first elected in 1996 when he was just 25 years old. He shared his own story of challenges as he campaigned for Congress and ran against more experienced challengers, but ended up winning nevertheless. Having recently moved to New York himself, he said that he is determined to make a new home out of the state to both raise a family and to make it his new home. “Whether I run for office in this state or not, this is home,” he said confirming his decision to adopt New York as his and his family’s new home. “Titles don’t make you entitled to anything,” he said regarding the sometimes nonchalant attitude of Americans to expect that those who have the privileges in society should have exclusive access to grab political power or effect change in society.

A few hours later, the BCC delegates made their way back to their hotel rooms with a sense of satisfaction with the opportunities they had to network with elected officials (whom they were introduced to by Ms. White), including Assemblyman N. Nick Perry, the Chairman of the Caucus and the Legislative Conference, and a deeper understanding of the political process of New York and

what possible roles they can play in the development of the state and its residents.

As they drove past the houses and people of Albany early the following morning, the senators of the BCC Student Government Association had a full store of information as well as a dose of political inspiration to help them realize the opportunities available, the issues at stake and how they can actively participate in the political process to effect a lasting change in society. They may have not gotten the best deals that the “Presidents’ Day” sale had to offer, but they learnt how to develop lasting legacies that even future presidents can look back upon and model after.

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Campus News

Scholarship Opportunities Abound this Spring

La Gran Parada Dominicana Del Bronx, Inc.

La Gran Parada Dominicana Del Bronx, Inc. invites BCC students to be a part of history at the Bronx Borough's 21st Annual Grand Dominican Day Parade.

Scholarship Program Requirements:

- Having an academic GPA of 3.0 or better
- Have completed 24 or more credits
- They must be of Dominican descent
- Write an essay containing 250 words or more and include the following topics: community service, scholarship and need for university goals
- Two letters of recommendation issued by the faculty of the school

The beneficiaries of this scholarship must attend a photo session, be prepared to participate in the parade and be interviewed by the association. The deadline for this scholarship is April 19, 2010.

You may pick up a copy of the application in the Scholarship Office in Loew Hall, Room 428. If you have any questions, please feel free to contact Yvonne Erazo, Scholarship Coordinator, at 718-289-5903 or via email yvonne.erazo@bcc.cuny.edu.

NYCHA Resident Scholarship

If you are a NYCHA resident attending a City University of New York (CUNY) Community or Senior College, you may be eligible to receive a \$1,000.00 NYCHA Resident Scholarship.

To qualify for the scholarship you must:

- Be enrolled full time in an Associate or Baccalaureate degree program at any CUNY senior or community college.
- Be an authorized New York City Housing Authority resident.
- Be a sophomore, junior, senior.
- Have a minimum GPA of 3.0.
- Demonstrate financial need.
- Major in film, broadcasting, dance, drama, fashion, marketing/merchandising, journalism, music, photography, literature or fine and/or performing arts, public administration, public affairs, business.

Apply by filling out the NYCHA Resident Scholarship Application available at:
www.cuny.edu/nychascholarship or www.nyc.gov/nycha (must be typed in lower case).

The application deadline is April 30, 2010. Scholarships will be available for a limited time.

You may print out the attached application or pick up a copy in the Scholarship Office in Loew Hall, Room 428. If you have any questions, please feel free to contact Yvonne Erazo, Scholarship Coordinator, at 718-289-5903 or via email yvonne.erazo@bcc.cuny.edu.

The New York League of Puerto Rican Women, Inc.

The New York League of Puerto Rican Women, Inc is currently accepting applications for their 2010 College Awards to be presented at their College Awards Gala Dinner Dance at the Marina Del Rey in The Bronx, on Thursday, August 19, 2010. These awards are granted annually to undergraduate Puerto Rican women selected for their academic excellence and service to the community.

To be eligible, applicants must send a completed 2010 College Award Application Form to our post office box listed above, by the deadline date of May 29, 2010, and meet all of the following criteria:

- Currently matriculated as an undergraduate student in an accredited institution of higher education, having earned a minimum of 12 accumulated credits.
- Maintained a minimum GPA of 3.0 with no failing grades.
- Demonstrate service to the community.
- Provide an official college transcript.
- Provide two letters of recommendation from a professor, college advisor, employer or supervisor. Submit a suitable 4" by 6" photo of the applicant for inclusion in our Commemorative Dinner-Dance Journal.

The College Award Committee will review only those applications that comply with all of the above six (6) requirements. The essays of the selected applicants will be included in their Commemorative Dinner-Dance Journal and should be written meticulously.

You may print out the attached application or pick up a copy in the Scholarship Office in Loew Hall, Room 428. If you have any questions, please feel free to contact Yvonne Erazo, Scholarship Coordinator, at 718-289-5903 or via email yvonne.erazo@bcc.cuny.edu.

The Outside View

Go BOLD in April April is CUNY Disability Awareness Month

BOLD is BCC's Organization for Leadership in Disability, a club working towards universal understanding and the celebration of disability in Bronx Community College. Individuals with disabilities are empowered by BOLD to thrive and participate fully in the campus community.

BOLD also works to support disability rights for students and faculty by highlighting specific access barriers not only for the more observable physically handicapped, in which ramps and other inexpensive physical changes are needed, but for computer software and tutoring for those with learning disabilities that can also be cost effective as well.

Members of the disability community at BCC can look forward to a new period of better accessibility, with the help of all who make efforts to improve our campus. One case in point is the new addition to our campus landscape.

The North Instructional Building is planned to open in 2011, which will fulfill the needs of the overwhelming 10,000 enrolled students obtaining degrees at BCC. It will include a state-of-the-art library, classes, a lounge, and more, while ensuring that persons with disability will have access to the building. Architect Dennis Sagiev of Robert A.M. Stern Architects visited BOLD members on March 16 to discuss the features highlighting accessibility for individuals with disabilities.

Various programs will be carried out throughout the month of April to increase the college community's awareness of the contributions and skills of students and faculty in BCC with disability. BOLD's celebration kicked off with a performance by comedian Greg Walloch on Thursday, April 8. Greg Walloch is a widely admired artist and entertainer, world renowned for his stand-up comedy and monologues on disability and

sexuality.

The celebration continued the week of April 15th with a library exhibit on disability books, and the next week with a screening of a remarkable interfaith documentary, *A Place for All: Faith and Community for Persons with Disabilities*, took place on Tuesday, the 20th of April.

Keep an eye out for details and updates that may include more events on the celebration of disability awareness around campus. You can also ask questions or learn more about Disability awareness on BCC's website and BOLD's Facebook webpage.

Club Advisor: Julia Rodas
julia.rodas@bcc.cuny.edu
Office: Colston 626

Gallina del Cuidad III

By Massawa Lawson

My hens are 9 weeks old now. I've learned that hens can lay eggs as soon as 16 weeks, so I might be over halfway to fresh egg farmer boy. This is definitely the most demanding animal ownership I've ever undertaken. My vacation (once it stopped raining) was spent building a secure house for the hens in my yard. There are many urban predators - cats, raccoons, skunks, hawks and the occasional wild dog - which would love to sink their sharp little teeth into a tasty chicken. So the chicken coop must be safe for the hens when they are outside alone at night. I am still not completely satisfied with the soundness of their new home because of some open ports of entry on my neighbor's side of the hen house – but, for now, it should be fine.

The hens are a hit with my neighbor's children - Kareem, Sahlia, Rafeeq, and Coreena - who have asked me every question imaginable and have helped to guard the chickens against the ever-present threat of attack by cat. The children like to feed the hens and learn as many of the hens' names as they can. It's been a new experience for all of us.

I've gotten some help from the South Bronx Food Co-Op in the form of older vegetables that were no longer fresh enough to sell. The hens have eaten less since they've been ranging in the backyard nibbling on grass, leaves and whatever else they find. I've been spending the day with them - always on the lookout for an opportunistic predator because - really - who doesn't like chicken?



Bertha

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Six Guidelines for Training

1. Train the way you want Your Body to Change

Stress your body such that it adapts in the desired direction. To have a more muscular build, lift weights. To be more flexible, do stretching exercises. To improve in a particular sport or area, practice that sport. However, spot reducing, does not work. "If every one who chewed gum they would have a thin face."

2. Train Regularly

Consistency is the key to improving fitness. Fitness improvements are lost if too much time is allowed to pass between exercise sessions. New standards for improved health suggest, that we need 30 minutes of cardiovascular exercise almost daily. "If you don't use it, you will lose it."

3. Start Slowly, and Get in Shape Gradually

An exercise program can be divided into three phases: the beginning phase, during which the body adjusts to the new type and level of activity; the progress stage, during which fitness is increased, and the maintenance phase, where the targeted level is maintained over the long term. "Let's get started."

4. Warm Up Before Exercise

Warming up can decrease your chances of injury by helping your body gradually progress from rest to activity. A good warm-up can increase muscle temperature, reduce joint stiffness, increase blood flow to the muscles, including and very important the heart. It will even psychologically prepare you for your workout.

5. Cool Down After Exercise

During exercise, as much as 90% of circulating blood is directed to the muscles and skin, up from as little as 20% during rest. If you suddenly stop moving after exercise, the amount of blood returning to your heart and brain may be insufficient, and you may experience dizziness, a drop in blood pressure, or other problems. "Use commonsense."

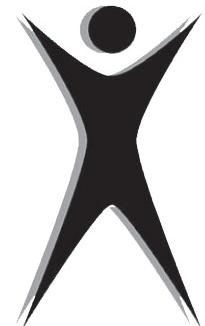
6. Listen To Your Body, and Get Adequate Rest

Rest can be as important as exercise for improving fitness. Fitness reflects as adaptation to the stress of exercise. Build rest into your training program, and don't exercise if it doesn't feel right. On the other hand, you can't train sporadically either. If you listen to your body and it always tells you to rest, you won't make any progress.

Next month, Six more guidelines for training, health and fitness improvement.

If you have any questions or comments, please email me at:Wellness4all@yahoo.com

Dr. Wayne
Health, Physical Education and Wellness



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Going Global

Salzburg Reflections: CUNY/2010



Each year during break, Bronx Community College sends a group of students to participate in the Salzburg Global Seminar's International Study Program, along with other CUNY community colleges. This year, students from Kingsborough, Queensborough and Bronx community colleges spent the week from March 27th through April 3rd considering the theme – *America and the World: Views from Abroad* – from a number of perspectives.

Daily lecture topics included From Ethnocentrism to Global Citizenship; From Every End of This Earth: The American People in the 20th and 21st Century; Addressing Challenges of Diversity in Austria and Europe; Americanization, Globalization and Popular Music; The US of America and the World: Views from a Distance; and Education and Sustainable Development. One other lecture – Introduction to the Visit to the Dachau Concentration Camp Memorial Site – prepared students for an informative and emotional visit to the site that was the first concentration camp opened during World War II.

During the week, students were also divided into working groups to prepare final-day presentations that highlighted demographic, economic, political, environmental, and human network aspects of global migration.

On one afternoon, the CUNY students hosted students from the Fachhochschule Salzburg (Salzburg University of Applied Sciences) and the University of Salzburg for informal discussions about living, working and studying in their respective countries. The CUNY students also hosted them that evening for an Austrian barbecue in the historic Schloss Leopoldskron.

Below are comments from this year's group of Bronx Community College's Salzburg Global Seminar International Study Program scholars.

Paul Bronzi

Dear ISP,

This has truly been an amazing experience, as I have expressed this was but a dream for me for such a long time. Upon arriving In Frankfurt, the difference of transatlantic borders is not quite felt. It occurs in the experience of the lectures and professors that spoke on the many global issues we are currently facing. It is felt in the excursions through the town, and into the memorial site as well; I felt in a new place. However, when speaking of the location, this is no more serene space to contemplate and discuss the present and future development of our world. The lectures were inspiring to say the least, from experiences of individuals seeking a place in an alien environment, to the vast touch of hip hop (my personal favorite) across the globe, to the explanation of what the world really thinks of America, I had my eyes opened. As an artist set into a heavily academic arena, I was fortunate to feel the welcome of both other students, as well as professors, into the work we did and the great conversations we had. And then there is the amazing food! Yet that, I suppose, is for another even longer email. I feel confident in using my artwork when I can to spread the ideas, concepts, and solutions that were talked about on this wonderful trip.

Thank you,
Paul J Bronzi

Raya Bayor

It is difficult to find a “one size fits all” definition for globalization. Many of our lectures helped us to try to understand why it is hard to find a single definition for globalization. Surprisingly, the lectures were too short for me, and I learned so much in a short period of time that I did not want the experience to end. [...] Our trip to Dachau was challenging for me. I thought I was prepared with my fully charged camera, my shades and tissues in my bag. From the museum to the extermination sites, I was aching because I realize that the world has not learned from such horrible events. Darfur, Iraq, Nigeria and many other countries that we can think of are going through the same thing. Our communities face the modern types of genocide and I am powerless; I can't change the world with a snap of my finger. At the end of the day, I was upset; I was mad at Hitler for making such a horrible thing so intelligent and perfect. I hated every dictator in this world that let this repeat itself over and over again without lifting a finger to change things. Then I was mad at myself for not trying to change things, for waiting too long to start a change. I do not have to be a millionaire and I do not have to get thousands of persons behind me to make things happen. I can start by volunteering in the multiple NGOs in New York. I can start by creating a group for humanitarian work around New York; there is so much I can do with my little strength.

Robert Josman

The recently concluded Salzburg Global Seminar provided intellectual stimulation while being able to engage a diverse group of fellow students and educators from around the world. As the seminar progressed it was quite interesting to see what and how connections were formed on both an educational and personal level.

Students from the different CUNY colleges where brought together into different “small groups” to look at an issue given to us by the seminar, that was quite topical to today’s ever shrinking planet. At the end of the seminar each of the small groups had to make a presentation to the seminar about their issue. Doing the small group presentation on the various current global issues we had been presented with was quite interesting. This was due to the make up of the seminar’s participants. In each group there were students, though while from CUNY, were from different parts of the world. By setting up the small group presentations this way we truly were looking at global issues and their resolutions, globally.

Alderson Magloire

When faced with challenges, fighting alone is strong but fighting together is stronger. The ISP experience was an experience of a lifetime, an unforgettable journey. We learned to face challenges – not only individually but collectively. As I’ve said before, “Life is a continuous learning experience, but how do we use what we learn for the benefit of our future and those around us?” Now I am able to make a positive change not only on a community level but globally as well.



(From left to right) Paul Bronzi, Raya Bayor, Robert Josman, Eva Joyce and Alderson Magloire in the Great Hall of the Schloss Leopoldskron after the classical piano recital, Friday, April 2, 2010.



Kingsborough Community College student Pyi Kyaw collaborates with Alderson on their small group project in the Vilar Center library.

Going Global



Eva Joyce

My experience at the Salzburg Global Seminar was educational, sobering and fun. Educational, because I learned about transitioning from ethnocentrism to global citizenship, about myself as an American citizen and how the world views the United States of America, challenges of diversity in Austria and Europe, and the role that education plays in sustainable development. It was sobering, because my visit to the memorial site at Dachau, though educational, stirred emotions of anger and sadness at the thought that the human spirit can be manipulated beyond the point of hatred to total destruction of human lives. The fun part was being immersed in a forum of students with diverse personalities and cultural backgrounds from the eastern shores of Burma to the islands of the Caribbean, and learning how to find the middle ground as we worked on our group projects. After a week of lectures, good food and fellowship, the prominent thought that I took away from the seminar is that I have a responsibility to help make this world a place where the attitude is no longer "us and them" but just "us".

I am truly grateful to Bronx Community College for giving me this opportunity, to the faculty and staff of the Salzburg Global Seminar for their unsurpassed hospitality and the wealth of information made available to me.



(From left to right) ISP program director Jochen Fried engages Paul and Queensborough student Rachel Hammer and Kingsborough student Donovan-D Charlemagne in a spirited discussion.



Raya emphasizes a point during her group's presentation as Kingsborough student Michael Calasso awaits his turn.



CUNY students preparing to take students from the Fachhochschule Salzburg (Salzburg University of Applied Sciences) and the University of Salzburg on a tour of the schloss.



Robert impresses the ISP students with his expertise.



(Left to right) Eva works with Queensborough Community College students Christine Porter and Kingsborough Community College student Moses Kanduri on group project.
(Photos by Andrew Rowan)



Campus News

BCC Goes to the Largest Spring Assembly of Student Journalists in the World

By Beatriz Ramirez

The Annual 2010 National College Media Convention brought together an assembly of student journalists and their advisors on college campuses from coast to coast for three days to attend over 200 educational sessions in our home of the big apple. Students from Bronx Community College had the privilege of attending such a dynamic, diverse, highly informative convention.

College Media Advisers, Inc. (CMA) works to help student media professionals improve their media operations. Their Annual National College Media Convention at the Marriott Marquis Hotel in Times Square this spring did just that in a three day highly dynamic gathering, where youthful media practitioners from newspapers, yearbooks, magazines, radios, televisions, and cable operations in the nation's colleges united to take part in enlightening dialogs about media and to learn from award winning pros. The convention highlighted 200+ sessions that covered everything media from narrative



and works with *The Communicator* has reasons beyond journalism for his attendance, Muhammad Jalloh said, "I want to see if there is anything I can apply to my websites, my studies, and other media ventures I like to explore." Mass media affects many aspects in our lives and can be valuable to a variety of studies and professions. Those interested in business should know about its role in the community and the responsibility created by its permanence and power.

Student designers, journalists, and photographers, to name a few, had the opportunity to improve their skills and really take advantage of the lessons in the workshop when they brought their own laptops, sketch books, and portfolios. Professionals such as Pulitzer Prize-winner Tom Hallman offered to review and give advice on samples brought in by workshop participants. When bringing their own materials, and projects, students had the opportunity to compare their own work to the new ideas provided to them. While many workshops helped students to improve in their skills, there were workshops that were inspiring and motivational.

In addition to the workshops, the convention also highlighted three inspirational keynote addresses from top media trendsetters: Brian Stelter, the media reporter for *The New York Times*, Terry Moran, co-anchor of ABC News' *Nightline* and Supreme Court correspondent for the network, and last, Mark Halperin, author of *Game Change* that went to #1 in the *New York Times* Best Seller List.

There were so many workshops and lectures and I was only able to attend a few. The only keynote address I was able to hear was Halperin's. There was so much I learned as a journalist and as a student. Halperin spoke about how to plan a project, how to deal with sources, how to manage the limited time before a deadline, and how to keep focused on the big picture. Interestingly enough, these problems are similar to what I, as a student, encounter with projects from school and I find

it bizarre that professional writers do as well.

Now you may or may not have heard of the keynote speakers, but the deal is that they are highly successful in what they do and believe it or not, they have had an impact in our lives and the way we receive information and know the world around us.

It was interesting to hear from the professionals, their take on the industry, the lessons they've learned, and methods I could apply to my college newspaper. I found myself inspired surely by many of them, but I was most surprised to learn from other college newspapers, the projects they are working on and how they impact their schools. The smaller schools impressed me the most, because, although larger schools were doing more, of course, they have more resources. This was an opportunity for the students at BCC who attended, to learn not only from professionals but also from colleges around the country and what they are working towards. No matter where we come from, be it small towns to big cities full of diversity and competition, the sky is the limit.

The small colleges deal with very similar problems that we do, and they do so "head on". On our micro level, I would like to apply lessons on high staff turnover, in which we seem to fall victims under. I'm personally stumped about how to get students -- who SHOULD be more attuned to their community involved in utilizing the information that will benefit them.

With that said, I would like to encourage the entire BCC community to take a look at the Student Life's Webpage on Facebook at (StudentLife@BCC). It features events on and off campus. Many people do not have time to engage in clubs and programs the school has to offer and some just make excuse --- just knowing what is going on in the community can be of contribution to the community and can benefit oneself. You may never know what you could find that can transform your life personally, academically, or professionally.

New Era of Journalism: My Space, Facebook, Blogs and Twitter

By A. De Los Santos

writing in journalism and design workshops for magazines and newspaper designers to web design in new media, photojournalism techniques, and leadership, internships, careers beyond college. (Breathe: 200+ sessions folks!)

The workshops benefit anyone who may simply want to improve skills not related to journalism. One particular BCC student who attended the convention



The author at the College Media Advisers Convention.

In the last five years there has been a new form of communication between people that has opened the door to a lot of networking, advertising and media. It all began with dating sites such as Blackplanet.com. Then those websites evolved into a more family-oriented page where you can create a profile that your family and friends can view such as Mi Gente. But then came a phenomenon called My Space that completely took over the Internet world. This is a website where a person anywhere in the world can set up a profile, upload photos and share their lives. This website offers ways in which you can advertise your own music if you are an artist, advertise businesses, dating and meeting people, finding long lost relatives or old school mates. It created a spider web in which everybody is connected in one way or the other. As this website became the playground for the unruly teenagers and "artists" who insist on making it.

A new website emerged with a more grown feel to it, Facebook. Here, children can roam and look at their relatives because of how filtered and protected it is. Families connect. Lovers can display their affection to one another. This paved the way for Twitter which is another phenomenon that allows communication in real time. It has become a popular way of celebrities to express their frustrations with us and with themselves. One can only imagine what the future will bring.

That is what this year's 2010 College Media Advisers Convention expressed to me – that there has been a shift in communications. The Internet is becoming our main source of communication, and we should take full advantage as a generation who has been brought up in a time of innovations and technological advances. I attended six seminars and I heard a common theme in all. We have reached a new era of journalism in which the Internet plays a major role in. I attended a

seminar "Surviving in a New Media World" that changed my outlook on the media. Speakers Paul Conley and Dan Blank bluntly stated that if you have no e-presence you won't make it in the world of media. They spoke about the ways you can expand as a writer within the Internet world using avenues such as My Space or Facebook. In another seminar, "Writing as Vocation, Finding Your Passion in a Profession of Pessimism," speaker Dr. Michael Smith taught that blogs are a new way in which media has become kind of like an ongoing conversation between the public and the speaker. Blogs are all over the Internet with all kind of topics. There is so much freedom in relating the news, opinions, theories or madness. It is such a crucial time in the world of media in merging with the internet creating new avenues for information.

This year's convention was very exciting because it allowed me to view the Internet as its own world in which you have to become present to express whatever form of art you offer while still remaining ethical, as Mark Halperin from *Time* magazine spoke about "In traditional values in the digital age." As technology takes over traditional media outlets, there still has to be integrity and passion shown through the information that you offer. The purpose of relating news is a genuine care for others to apply what is being taught; therefore, you must deliver responsibly.

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Campus News

BCC Goes to Boston: The 80th Annual Meeting Eastern Sociology Society Conference

By Kenia Torres, Center for Teaching Excellence Activities Coordinator

On March 19, Bronx Community College students presented their research on poster boards at the Eastern Sociological Society's annual conference. Their projects culminated as extensions of either a sociology or psychology class they completed or as part of their learning community projects. They took a Greyhound Bus to get to Boston and stayed at the Boston Park Plaza Hotel. The hotel was luxurious and the experiences rich with academic and personal growth. The students who attended the conference were able to demonstrate their talents as well as their many different perspectives and concepts on humanistic and personal interests and on topics that are of much concern to society. Student presenters were assisted in creating poster boards by two of the most innovative professors, Vaso Thomas and Monique Guishard of the Department of Social Sciences, and the author of this article. The Sociology Club and Academic Affairs sponsored the conference.

The BCC students were a hit. Their poster boards were especially creative and their presentations well rehearsed yet natural. Some of their research topics included the reproduction of gender roles, reasons why young people become involved in gangs, should marijuana be used for medicinal purposes, should parents talk to their children about race, do tattoos limit ones' employability and the differences between "jihad" and "terrorism."

After the conference, students were asked to write about their experiences.

Zulai wrote: "I am very grateful to the Bronx Community College faculty and the Sociology Club for supporting this program. My experience at this program was exceptional and, on a personal level, it has helped me improve my social skills and created a sense awareness of my capabilities; and, above all, it definitely has been a boost in increasing my confidence level. In general, this experience has helped me see that education can be creative and I can learn in a different way."

Felicia wrote: "The Eastern Sociology Society Conference was a changing life experience for me. It gave me the opportunity to share with other students from different colleges the knowledge I have acquired at Bronx Community College."



From left to right: Felicia Agyei-Odame, Zulai Amadu, Lorena Abreu, Lenee N. Ortiz, Donna Mangiante, Vaso Thomas, Monique Guishard, Katherine L. Rivera Guzman and Akaniyene Essien.

Lorena wrote: "Every day when I walk home I pass the homeless and I see drugs being sold. When I see all of this and I feel like I will never make it out. Then I go to Boston and I share with people my thoughts and hopes and they really care, they actually treat me like an intellectual. I feel so blessed to have been able to go to the Eastern Sociology Society Conference. It has made me want to strive and become someone important in my life. I hope one day to become a psychologist and help students feel as empowered as I felt."

Returning from the trip was another great experience, as leaders and participants of the event waited to board the bus at South Station in Boston, expressions of pride and great satisfaction was sensed from one another. Conversations were buzzing about all the events of the conference. They were amazed by the fact that

their posters were welcomed and enjoyed by an audience outside the New York City area. At first, the students felt out of place but soon after they presented they felt they belonged. Concluding from my conversations with the participants, this experience allowed both faculty and students to achieve a higher level of self-growth and the desire for higher expectations.

Overall, this experience left everyone with the perception that people who pursue a goal are the same ones that triumph personally and socially. Bronx Community College leaders and participants both benefited and took pleasure in this experience. This experience showed that the Bronx can represent, in Boston, with intelligence, pride and a sense of well-being.

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DEADLINES

MAY
Thursday, April 22, 2010

Please note that *The Communicator* reserves the right to refuse publication of any submission due to space considerations or if the submission is deemed inappropriate because of profane language, verification problems, and/or slander.

Poetry Corner

Poems by Robert Josman

Untitled #1

With you one could touch the midnight sun
With rebel eyes and a gypsy smile,
Where only the greatest dare to fly
Where only eagles and angels dare to fly
That's where you can be found.

Where eagles soar and frogs squeal
Down by the dandelion pond, that's where you can be found
It's been paint by numbers life in a watercolor world,
Until I saw you down by the dandelion pond.

With a smile that is warmer than the rays of a new day's dawn
In a fleeting glimpse on candlelight I hear you voice
The moon has its stars,
Lamps have bulbs and
Airplanes all have their air
But the dictionary has you,
Under beauty.

Summer and smoke diamonds and dust
Go where you want, do what you must
But do it with someone you like
With a gleam in her eye that sparks like a diamond in the dust.
With a gleam in her eye that is like a fire smoldering in her dark eyes
Like fire deep in her soul, her eyes gleam like diamonds in the dust

With eyes that gleam with a smoldering fire,
Glowing from deep within her soul.
With a smoldering beauty that comes from deep within her heart and soul
And with a beauty like that to look upon ones soul could never truly die.
Could you, would you take a chance on a promise and a roll of the dice?

Untitled #2

Blue, the color of the sky
A kind and simple place for angels to fly and play
That you look up to
The color of water
Coming to shore
Like a siren to a sailor
Like a moth to a flame
Like a risk to a consequence
But if you never take a risk
One would never know how great the consequences could be
That is if the consequence is meeting an angel
That before I took the risk was only
Flying and playing
In the sky up above
Now here she is by my side with a devilish grin
And a gleam in her eye

Bamboozled

By Astharte D.

There you are young man chasing a dream
chasing a stream of material respect, chasing a life.
That doesn't give back, chasing yourself that you never
find.

There you are young man living in sadness and anxiety,
living in fear and for what.....?
The life you once love you despise
The name you once were called, you wish were lies.

There you are young man in a cell,
all you really can feel is hell, you tell your stories only to
fill you with anguish as a reminder of the life you once
took for granted.
The videos on tv, my rough upbringing is what you say.
Disappointments along with dismay.
Your Mercedes seems silly, your watch too shiny, your
mother's cries too loudly as reality sets in the, magnitude
of your decisions bring your loved ones in your head.

There you are young man, in a cell you realize you've
been
Bamboozled.

At last you're a man.

Songbirds

By Bill Murry

Wednesday, July 22, 2009

See, Aretha gave it to Mary
Mary gave it to Keyshia
They all got a tad of soul
From Pastor Shirley Caesar

Divine nature makes the blackbird
Divine nature makes the mocker
Divine nature makes the mouths and ears
Of birdcalls by eavesdroppers

See, Aretha gave it to Mary
Mary gave it to Keyshia
They all got a tad of soul
From Pastor Shirley Caesar

Divine nature makes the birdsong
Divine nature makes the parakeet
Divine nature makes the listener
To love what she heeds

See, Aretha gave it to Mary
Mary gave it to Keyshia
& they all got a tad of soul
From Pastor Shirley Caesar

He Going To Bless My Undertakings

By Bill Murry

Friday, October 2, 2009

The revelation knowledge of Jesus' work fulfilled
Gives me a house upon a rock to build
For through his name, not disclaimed or forsaken
He blesses our undertakings

He guides me with an eagle eye upon me
Holding out restoration and peace
He dwelled in Mary, Ark of The New Covenant
And he dwells in you now, and me

The son of God who reconciled Gentile with Jew
His immeasurable love resolved my fears too
So we celebrate his resurrection in a moveable Easter
feast
And balm of Gilead evergreens herald the hindsight of
his own nativity

Thus, the revelation knowledge of Jesus' work fulfilled
Gives me a house upon a rock to build
For through his name, not disclaimed or forsaken
He going to bless my undertakings

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Poetry Corner

Roses are Red, Violets are Blue

By Muhammad Jalloh

Roses are red,
Violets are blue,
But you are twice as true.

Tinker Bell was bounteous,
Cinderella was beauteous,
And you are twice as gracious.

The sun is a healing sight,
And the moon a refreshing light,
But your smile shines thrice as bright.

Good captains blink,
When Titanics sink,
But my love for you will never shrink.

As seasons get warmer,
And snows make it colder,
You always will remain my only summer.

When I went into battle,
To fight for my title,
Your love was my biggest mantle.

While great men gallantly fought,
And honors were sold and bought,
Your heart was all that I sought.

When victory's song was sung,
And bells were graciously rung,
After men were wrong and stung,
Your smile was all that kept me strong.

Yesterday I had a dream,
And you were a lightning beam,
And I swear you so seem,
Your love overflows like a heavenly stream.

When beauties go a singing,
And bearded chaps a fishing,
All I want is to go with you a loving,
And in your ocean of love a swimming.

The ODOR

By Ibrahim Shiddiq

Every single moment of sadness, all the depression and aggression in my life,
From what I can tell can all be linked to one smell
My father used to come home drenched in this odor
I didn't know what it was until I was much older
When he was sober he was a man that was respected and revered
Searching for answers at the bottom of that bottle
All he ever found was the man that we feared
When he was partnered with his whiskey
Being around was pretty risky
It was a deadly combination
I could smell it... and with every inhalation
I felt him become a different person
With every sip it would worsen
See his name was Nathaniel
But I only remember being raised by Jack Daniel
When the smell was in the air, so was intense fear
It brought nothing but drama and for my mother severe head trauma
It was because of this aroma, she had to be induced into a coma
While covered in this specific pungency, the violence became a horrific redundancy
Although the way we were treated, for my sister was never repeated
She only felt his wrath once... my mother was pregnant with her, about 8 1/2 months
I don't want to get into any details, don't mean to cause any confusion
But I'm sure you can all draw your own conclusion
Over time the fragrance became flagrant
There used to be a thin line between the man we loved and the one we were scared of
But the liquor made that line thicker
The time we spent with those two used to be equal
But the alcohol separated those two people and soon all we ever knew was his alter ego
As the years went on the smell became more of a stench and he eventually drank himself to death
It was on the anniversary of the accident
He would get like this every year, he had a few cases of beer and A full bottle of jack
He went through those cases beer by beer, Can after can until he could barely stand, but this is only where his night began
He then took the bottle of jack, popped the top And went shot for shot until he was down to the last drop But that's not where he stopped
He then managed to stumble over to the fireplace He reached above for his 12 gauge... And he took one last shot to the face
Just as the memories of his life stained that wall The memories of his life stained us all... left a lasting impression
For my mother... depression... from which she never recovered
The alcohol single handedly took my family Stole a chance at life from my sister
It was murder as much as it was burglary And killed my father on the anniversary
It was this odor that filled my life with all the depression and aggression from what I can tell
So it broke my heart when my daughter said all her sadness could be linked to the same smell

In – Oneself

By Michael Brantley aka Nat1ve

First my instincts say the night is wrong, an incident of no good will occur (Bang)...I ignore

I arrive at my place of solitude and leave to combat my 6th sense (Bang)...no trust of the ominous warning

The being roughly two in the afternoon (Bang)...this cannot be, piercing the vessel and stunting its near infinite growth

So I ask a friend, a gal painted in blue if she had heard the news (bang)...1 or 2?, details still hard to recall

She answers that a fire had been put out, didn't it sound? (Bang)...another rare sound, the true flashback I revealed my place, on the Grand... Bus, a child of 13 lucky had ill-fatedly been (bang)...I wish I wasn't there, or here, or anywhere.

I can still hear the revolting resonance that cuts down trees and the peace of my mind....a perversion of nature I know that you're thinking (Bang)...every sound except one was false, somehow meant to mystify but no (bang)

... the times when you think when you shouldn't (Bang), when you know where you're supposed to be when you're not or (Bang)...The End

Trust oneself

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THE COMMUNICATOR
Submission Insertion Dates
Spring 2010

If you are interested in having an article, editorial, letter or announcement included in The Communicator, it must be received by the following dates:

DEADLINES

MAY
Thursday, April 22, 2010

Campus News

College Hosts Green Jobs Summit

By Massawa Lawson

The Bronx Green Jobs Summit, in conjunction with the Center for Sustainable Energy, was held Wednesday, April 7th on the lower level of Colston Hall. This gathering of community-minded organizations was a think tank for Green Initiatives in anticipation of the long-awaited funding made available by the Obama Administration. The Summit began at 9am with registration and a breakfast buffet. The itinerary then began to unfold with introduction of our host and emcee for the day, the buoyant Taleigh Smith of the Northwest Bronx Community & Clergy Coalition, followed with a motivational speech by the Bronx Borough President, Ruben Diaz Jr. The Borough President's speech assured all in attendance that the future direction of the Bronx's green developments was in good hands and touched on all the hot topics concerning the green jobs sector which is heating up now that funding was being made available.

Next, we were introduced to the facilitators of the Summit's target areas of discussion by Luis Torres of the BCC's Center for Sustainable Energy – Remediation: Air, Water, Land and Waste facilitated by Miquela Crayor of Sustainable South Bronx, Energy & Transportation; Food by Heidi Hynes of the Mary Mitchell Center; Housing by Jameelah Muhammad of Urban Agenda; Jobs with Justice, Small Business & Industry with Janae Shields; and Workforce Development with Myles Lennon from the Laborers Local 10.

We were then asked to choose the group of our interest, and I found myself attracted to the food group (because of my personal quest to raise organic egg-laying hens) and, after an opportunity to introduce myself, I spent the morning breakout session participating in their discussion. Many ideas were exchanged on a range of topics starting with the first of several points on the groups flowchart - Production - and then the next topic was discussed, a core concept created through a mutual contribution process and so on until all the points on the flow chart had been covered. The Co-Op business model was a popular solution to the many challenges proposed. Once all the groups were finished with the first round of brainstorming everyone gathered to hear a synopsis of each groups work.

It was now time for a much-deserved lunch break,



CSE's Luis Torres (center) leads discussion.

Photo by Massawa Lawson

which was provided by Green Eats Catering's Owner and Executive Chef Judith Abdul-Karim. The food was great and kept the green mood going with wholesome, natural and tasty creations.

Before the afternoon session began we were encouraged by Taleigh Smith to explore the other groups and participate if we were interested. After spending some time with all the different groups, I decided to join the remediation team for the rest of the afternoon. Zero waste was the goal of the group and many tasks were assigned to achieve that goal. Education was determined to be the key factor in minimizing waste and simplifying the confusion involved in recycling. There was some cross over between groups, and one area in particular that seemed to crop up in several groups was the issue of marketing. The corporations and conglomerates that control the food we

consume have mastered this essential business skill and the lack of expertise in this area is often the downfall of many brilliant ideas. Without the budgetary muscle available to larger businesses Green Collar Industries initiated on the community level are often ineffective in reaching the very communities they are targeting.

After the afternoon session, all of the facilitators presented their group's evolved ideas in an easily digestible form and commitments to the continued fine tuning of the proposed solutions were promised before the next Summit, which should take place in one month's time. I will be in attendance, and it should be interesting to see which groups plans are finalized and, eventually, funded.

Faces on Campus

Student: Abigail Jiminez

Major: Psychology

Interests: Law and forensic psychology

Goals: Bachelor's Degree @ John Jay



Photos by Massawa Lawson

